Big Book Sponsorship — the Twelve Step Program, passage by passage

It only takes a day to learn 'how it works' and a lifetime to practice it!

"Every day is a day..." (◆ AA p. 85)

Step 12 Guide (based on 12 Steps in 4 Hours)

Step 0: Introduction

> ***The consolidated sponsor's guide:*** *step-12-sponsor.md — this guide, the AA 12-Step Packet, the Relevant Recovery workshop, the first-meeting agreement, the Foundation Meeting and the Step 4 BBA sheets in one 24-page runbook, built by* `scripts/build-handout.py` *in two cadences:* ▤ two meetings *(* `step-12-sponsor.two-meeting.pdf` *) and* ▤ three meetings *(* `step-12-sponsor.three-meeting.pdf` *). Edit the* `.md`*, then* `uv run scripts/build-handout.py --pdf recovery/guide/step-12/step-12-sponsor.md`*.* ***First-meeting runsheet:*** *step-00-01.md — Step 0 & 1 agenda with worksheets (cycle, log & loser list), the three legacies, the two paths, and the 24-hour decision.* ***Joe McF through-line — Steps 0–3 with the packet assignments:*** *step-00-03.md (printable* `step-00-03.pdf`*, 7 pp) · packet transcription: aa-12-step-packet.md · diagrams: Power of Choice, What the 12 Steps Do, Life Run on Self-Will* ***Joe McF condensed outline — Steps 1–3 and 10–12 the way he takes a man through them, plus how he sponsors, with the passages linked:*** *joe-mcf-outline.md* ***Why the Steps work — living document:*** *Transformation of Thought and Attitude (◆ BB p.143; the mechanism of p.87; what each Step turns)* ***Handouts (print from the*** `.handout.html`***; the PDF sits beside it):*** ▤ Foundation Meeting *(the study guide: the PPG script, whole and in its own order, 7 pp — the Second Edition's five history lines answered from the book, page xx and the book's own lines behind "the Program has remained unchanged" — + three appendices: the Cycle of Addiction, the script's sources, and Cliff B.'s recording; the write-up and the transcript live in recovery/ppg/foundation-meeting/, the group's whole site — article library, Study Guide units, speaker catalog — in recovery/ppg/ppgaadallas/) and its two companions:* ▤ Recovery Statistics *(the script's numbers drilled, 4 pp — who page xx's 75% counts, the Houston chip sales and Box 459, the Baltimore study read whole, and every figure on an evidence gradient) and* ▤ the script, word for word *(the .doc verbatim, slips and all, 4 pp) ·* ▤ Promises, Read Backwards *(spiritual-malady qualifier) ·* ▤ Two Diagrams *· Log & Loser List ·* ▤ Daily Visualizations & Prayers *·* ▤ Affirmations *(the sponsee's copy: I with the two-numbers item, a Step Two set, II, the Third Step Prayer — no sources) ·* ▤ Affirmations I, One Page *(that copy's first page alone, without the Step Two set: the headline, Affirmations I, and the p.84 band on one sheet) · AA 12-Step Packet · Joe McF's Outline (Steps 1–3, 10–12, how he sponsors) ·* ▤ Step Ten — Watch · Ask · Discuss · Turn *(RADS, PARS, the written tenth step, the Step 10 Like Us group) ·* ▤ Step Eleven — The Nightly Review *(the twelve questions with the Book's wording + a worksheet page; bigbook.it for the morning reading) ·* ▤ Sponsorship Workshop 2024 *(the Relevant Recovery packet transcribed, 16 pp; the scan sits beside it as* `.scan.pdf` *) ·* ▤ The Twelve Steps in Ten Minutes *(a ten-minute introduction to the Steps: problem → solution → action, the map of every Step with page:line, and the thirty-three pages of directions — also*

> *indexed in step 12)* · ▤ The Sponsor's Guide *(the consolidation of all of the above, 24 pp, generated from* `step-12-sponsor.md`*; a* ▤ three-meeting *copy sits beside it)* · ▤ Grudge List — Worked Examples *(Step 4, Columns 1 & 2: all 43 worked examples with a one-line gloss each, plus a dad's list for a man with a wife and kids; lives in* `step-4/bba/`*)* · ▤ Prayers for the Fourth Step *(every prayer the BBA inventory uses, one page, in order, with a wallet strip)* · ▤ Column 3 — Worked Examples *(all 43 names with a line for each of the seven parts and the fear in brackets, 14 pp)* · ▤ Column 4 — Worked Examples *(all 43 names with the Realization, the four questions, and the harm, 18 pp)*

1. (◆ AA p. 97:1) Helping others (*newcomers*) is the foundation stone of your recovery. A kindly act once in a while isn't enough

YOU ARE GOING TO BECOME A SPONSOR![1] SEE BALTIMORE MARYLAND DRUG STUDY

SPONSORS HAVE A 75% RECOVERY RATE!

1ST 88PGS BB, 124X WORK WITH OTHERS : In the first 88 pages of the Big Book of Alcoholics Anonymous, there are 124 references to/descriptions of working with others (sponsorship) before the chapter on "Working with Others"(Chapter 7: Working with Others, p. 89) even begins!

[1] **The Baltimore, Maryland Drug Study:** The relationship between sponsorship and abstinence...

> *the study evaluated NA/AA sponsorship over a 1-year period in a longitudinal study of 500 former and current injection drug users in the inner-city of Baltimore, Maryland USA. Over the year, those who were* ***"NOT SPONSORED"*** *showed a* ***44.7%*** *abstinence rate and those who were* ***"SPONSORED"*** *showed a* ***39.1%*** *abstinence rate, but* ***75%*** *of those who* ***SPONSORED OTHERS*** *maintained abstinence. (p. 296).*

> *Over the 1-year study period, having a sponsor in NA/AA was not associated with sustained abstinence. There was no statistical nor substantial difference in sustained abstinence rates between those NA/AA members without a sponsor and those with a sponsor...receiving of support and direction by a sponsor seems ineffectual (p. 298).*

> *In multivariate logistic regression analysis,* ***being-a-sponsor was very strongly associated with sustained abstinence*** *(Crape et al., 2002 p. 298)*

> *— Crape, Byron L., Latkin, Carl A., Laris, Alexandra S., Knowlton, Amy R. 2002. "The effects of sponsorship in 12-step treatment of injection drug users." Drug and Alcohol Dependence 65 (2002) p. 291-301. PDF · read whole — design, Table 2's baseline column, the odds ratio's range and the authors' own limits — in* ▤ Recovery Statistics *, p. 3*

HALF MEASURES AVAIL BBSP (BIG BOOK SPONSOR), NC (NEWCOMER) NOTHING (NHM: NO HALF MEASURES).

2. (◆ AA p. xiii:1) **To show other alcoholics (*addicts*) precisely how we have recovered[2] is the main purpose of this book. For them (*newcomers*), we hope these pages will prove so convincing that no further authentication will be necessary.**

EVERYTHING BBSP (BIG BOOK SPONSOR), NC (NEWCOMER) NEEDS TO RECOVER IS IN THE BIG BOOK!

[2] **The Big Book uses the word "recovered" 16 times.**

1. The Doctor's Opinion, ◆ p.xxv *This man and over one hundred others appear to have **recovered**.*
2. There Is A Solution, ◆ p.17:1 Nearly all have ***recovered***.
3. There Is A Solution, ◆ p.29:1 Further on, clear-cut directions are given showing how we ***recovered***.
4. Working With Others, ◆ p.90:3 If he says yes, then his attention should be drawn to you as a person who has ***recovered***.
5. To Wives, ◆ p.113:1 He knows that thousands of men, much like himself, have ***recovered***.
6. Foreword to Second Edition, ◆ p.xv:2 In that brief space, Alcoholics Anonymous has mushroomed into nearly 6,000 groups whose membership is far above 150,000 ***recovered*** alcoholics.
7. The Family Afterward, ◆ p.132:2 We have ***recovered***, and have been given the power to help others.
8. To Employers, ◆ p.146:2 An alcoholic who has ***recovered***, but holds a relatively unimportant job, can talk to a man with a better position.
9. ~~The Doctor's Opinion, ◆ p.xxxi:2 He had but partially *recovered* from a gastric hemorrhage and seemed to be a case of pathological mental deterioration.~~
10. There Is A Solution, ◆ p.20:1 Doubtless you are curious to discover how and why, in the face of expert opinion to the contrary, we have ***recovered*** from a hopeless condition of mind

and body.

11. Foreword to First Edition, ◆ p.xiii:1 We, of Alcoholics Anonymous, are more than one hundred men and women who have *recovered* from a seemingly hopeless state of mind and body.
12. The Family Afterward, ◆ p.133:1 We, who have *recovered* from serious drinking, are miracles of mental health.
13. Foreword to Second Edition, ◆ p.xvii:1 Their very first case, a desperate one, *recovered* immediately and became A.A. number three.
14. Foreword to First Edition, ◆ p.xiii:1 To show other alcoholics precisely how we have *recovered* is the main purpose of this book.
15. We Agnostics, ◆ pp.44:1-45:0 If a mere code of morals or a better philosophy of life were sufficient to overcome alcoholism, many of us would have *recovered* long ago.
16. Working With Others, ◆ p.96:0 He often says that if he had continued to work on them, he might have deprived many others, who have since *recovered*, of their chance.
17. Appendix III, The Medical View on A.A., ◆ p.570:1 They help others with similar problems ... In this atmosphere the alcoholic often overcomes his excessive concentration upon himself.

3. (◆ AA p. 94:1) **Outline the program of action (*recovery recipe*)[CAKE], explaining how you made a self-appraisal[Steps 4+5], how you straightened out your past[Steps 8+9] and why you are now endeavouring to be helpful to him (*newcomers*). It is important for him (*newcomers*) to realize that your attempt to pass this on to them plays a vital (*life-giving*) part in your recovery. Actually, they may be helping you more than you are helping them. Make it plain they are under no obligation to you, that you hope only that they will try to help other alcoholics (*addicts*) when they escape their own difficulties. Suggest how important it is that they place the welfare of other people ahead of their own.**[NOTE: First few meetings with prospect, we're already laying out foundation of helping others]

NOT A SELFISH PROGRAM!

YOU GET TO KEEP IT BY GIVING IT AWAY! PAY IT FORWARD!

Step 1

5. (◆ AA p. 59) **We admitted we were powerless over alcohol (drugs)—that our lives had become unmanageable.**

IDENTIFICATION — "HOW TO SHARE AN EFFECTIVE 'WAR' STORY." OR HOW TO QUALIFY AS AN ALCOHOLIC/ADDICT

6. (◆ AA p. xxviii:2) **The message which can interest and hold these alcoholic (addicted) people must have depth and weight.**

LACK OF CONTROL. Lack of control is the hair we split. If I could control what I love to do, I'd still be doing

7.1 (◆ AA p. 91:3) **Tell *them* (*newcomers*) enough about your drinking (*using*) habits, symptoms, and experiences to encourage *them* to speak of themselves.**

7.2 (◆ AA p. 91:4-92) **Tell *them* how baffled you were, how you finally learned that you were sick. Give *them* an account of the struggles (failed strategies/logs) you made to stop. Show *them* (*newcomers*) the mental twist (*how my mind lies to me*) which leads to the first drink (*drug*) of the spree.**

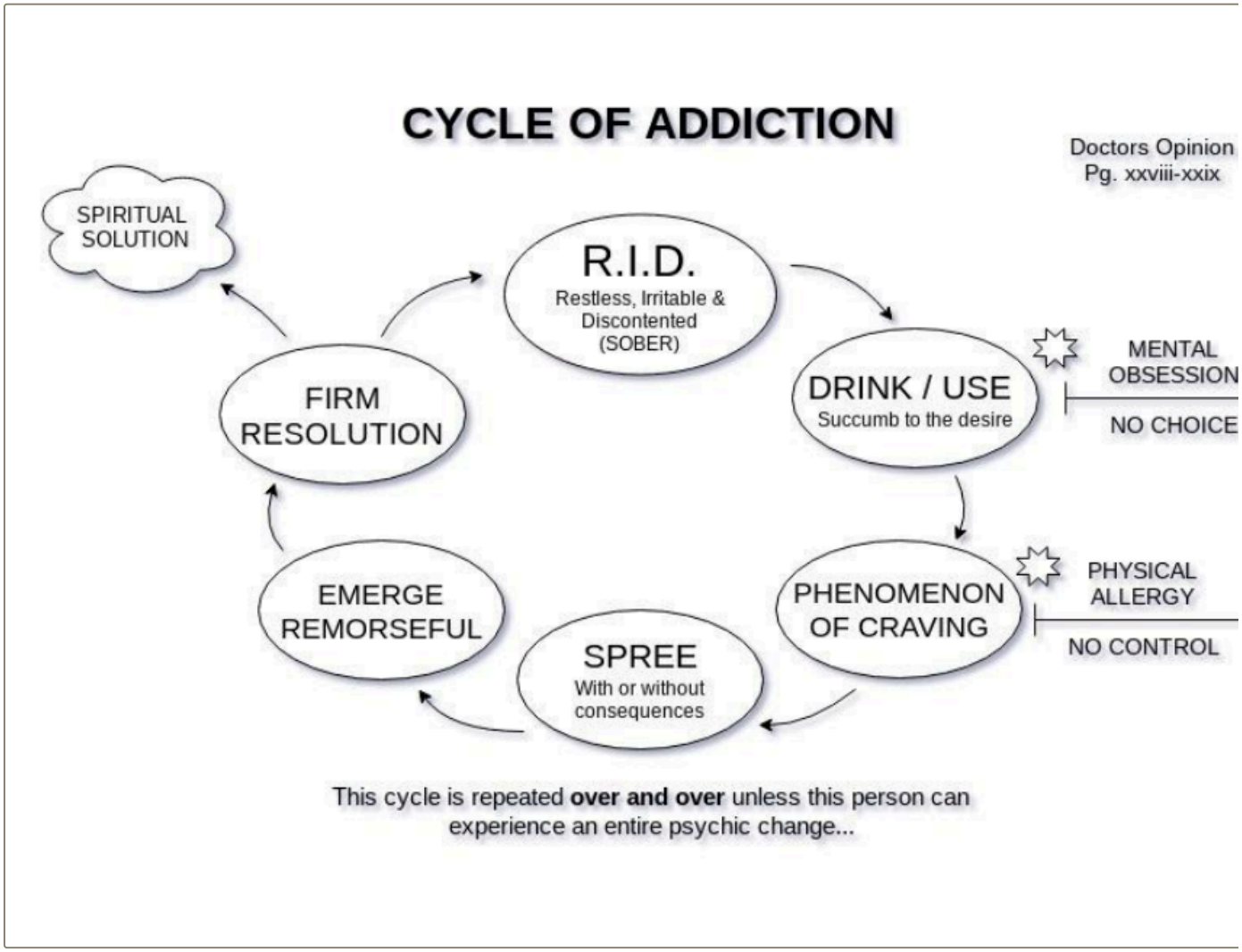
NEWCOMERS NEED TO LEARN THEY ARE SICK BEFORE THEY CAN GET WELL! If I'm not sick, why should I get well?

8 (◆ AA. p. xxviii:4) **Men and women drink (*use*) essentially because they like the effect (*body allergy*) produced by alcohol (*drugs*) (Is this your experience - yes-no?). The sensation is so elusive that, while they admit it is injurious (yes-no?), they cannot after a time differentiate the true from the false. To them, their alcoholic (*addict*) life seems the only normal one.** Being Loaded Feels Normal. Being sober feels abnormal, uncomfortable, bad **They are restless, irritable and discontented (*bored, depressed, anxious*), unless they can again experience the sense of ease and comfort (*body allergy*) which comes at once**FAST **by taking a few drinks — drinks (*drugs*) which they see others taking (*doing*) with impunity. After they have succumbed to the desire again, as so many do (Is this your experience - yes-no?), and the phenomenon of craving (*body allergy*) develops** 1 is too many, 1000 not enough**, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink (*use*) again (Is this your experience - yes-no?) This is repeated over and over (Is this your experience - yes-no?), and**

unless this person can experience an entire psychic change there is very little hope of their recovery.

BECAUSE THE LIAR ALWAYS WINS THE ARGUMENT! I'M LIKE A DOG THAT RETURNS TO ITS OWN VOMIT

EXPLAIN DRAW: CYCLE OF ADDICTION — worksheet: My Cycle



Analogy: Alcoholics/Addicts are like drowning men and women. *If we don't find some way of keeping our heads above water, we are going to drown. So we look for some kind of power to keep us afloat. We notice there are "logs" floating on the surface. These logs look like they're capable of keeping our heads above water, but when we reach for one of these logs we find that we can only hold on for maybe a day, a week, a month, a year, maybe longer, but at some point, the logs fails us as a power and we slip and drown. "Logs" are best*

described as "easier softer ways," "middle of the road solutions," "half measures" and "human aids."

EXPLAIN AND DO LOG & LOSER LIST

AFTER CYCLE, LOG & LOSER LIST: ASK THE FOLLOWING QUALIFYING QUESTIONS FROM THE BIG BOOK

9. (◆ AA p. 44:1) If, when you honestly want to, you find you cannot quit entirely (Do you honestly want to stop drinking, *using* - yes-no? And based on your log list, have you been able to stay stopped - yes-no?)), or if when drinking (*using*), you have little control over the amount you take, you are ~~probably~~ alcoholic (*addict*). (Do you exhibit little control, when drinking, *using* - yes-no?) If that be the case, you ~~may be~~ *are* suffering from an illness which only a spiritual experience will conquer.

10. (◆ AA p. 22:1) This is by no means a comprehensive picture of the true alcoholic (*addict*), as our behavior patterns vary. But this description should identify them roughly (Based on your log and loser list does this description of an alcoholic/*addict* describe you - yes-no?).

11. (◆ AA p. 30:2) Step One Instruction (self-diagnosis): We learned that we had to fully concede to our innermost selves that we were alcoholics (*addicts*). (Do you fully concede the fact that you're an alcoholic/*addict* - yes-no?) This is the first step in recovery. The delusion (lie) that we are like other people, or presently may be, has to be smashed. (Are you convinced you're an alcoholic/*addict* - yes-no?) (Are you convinced you're sick? That you have a disease? - yes-no?)

YOU DON'T HAVE TO CONVINCE ME! YOU MUST CONVINCE YOURSELF! If you still believe you have a choice in whether or not you drink/use, you are not yet convinced you're an alcoholic/addict. You must be convinced you're sick with a disease and that you have no control over it.

12.1 (◆ AA p. 24:1) The Bad News: We are without defense against the first drink (*drug*) (Based on your log list, is this your experience - yes-no?).

BECAUSE THE LIAR ALWAYS WINS THE ARGUMENT!

12.2 (◆ AA p. 30:1) The idea (*lie*)[The liar creates doubt] that somehow, someday they will control and enjoy their drinking (*using*) is the great obsession of every abnormal drinker (*user*).

Over any considerable period we get worse, never better. Many pursue it into the gates of insanity or death. (Based on your loser list is this your experience - yes-no?)

WHEN MY BODY & MIND HEALS, THE LIAR RETURNS AND TELLS ME IT'S OK TO DRINK/USE AGAIN.

YOU ARE NOW PROPERLY ARMED WITH THE FACTS ABOUT YOURSELF. *Congratulations you are going to die!*

13.1 (◆ AA p. 25:1) The Good News: There is a solution... .

13.2 (◆ AA p. 25:3-26:0)If you are as seriously alcoholic (*addicted*) as we were, we believe there is no middle-of-the-road solution (Would you agree yes-no?). We were in a position where life was becoming impossible (Based on your loser list, is life becoming impossible? yes-no?), and if we had passed into the region from which there is no return through human aid (Based on your log list, are you beyond human aid? yes-no?), we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation (see my loser list) as best we could; and the other, to accept spiritual help. This we did because we honestly wanted to, and were willing to make the effort . (Are you ready to accept spiritual help and are you willing to make the effort - yes-no?)

13.3 (◆ AA. p. xxix:1)...and strange as this may seem to those who do not understand–once a psychic change has occurred, the very same person who seemed doomed, who had so many problems they despaired of ever solving them, suddenly finds themselves easily able to control their desire for alcohol (*drugs*), the only effort necessary being that required to follow a few simple rules (*recovery recipe, steps*). (See Appendix I - Wheel of Misfortune)

Essentials of Recovery

14.1 (◆ AA p. 58:1) Rarely have we seen a person fail who has thoroughly followed our path (*recipe*). Those who do not recover are people who cannot or will not completely

give themselves to this simple program (*recipe*), usually men and women who are constitutionally incapable of being honest with themselves...

14.2 (◆ AA p. 58:3) We thought we could find an easier softer way. But we could not... (Based on your log list, is this your experience - yes-no?)

14.3 (◆ AA p. 59:1)Half measures availed us nothing.

15. (◆ AA p. XX:0) Of alcoholics who came to A.A. and really tried, 50% got sober at once and remained that way; 25% sobered up after some relapses, and among the remainder, those who stayed on with A.A. showed improvement. Other thousands came to a few A.A. meetings and at first decided they didn't want the program. But great numbers of these–about two out of three–began to return as time passed .

16. (◆ AA p. 568:3) We find that no one need have difficulty with the spirituality of the program. Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable.

Our understanding as one addict working with another addict:

- Willingness: Are you willing to show-up and do the work - (yes-no?)
- Honesty: Will you answer questions honestly with a simple yes or no - (yes-no?)
- Open mindedness: Will you lay aside any prejudices, experience the program and assess the results for yourself - (yes-no?) "When I know I don't know, then I know I'm ready to know!"

Our job is to explain our approach and win their confidence.

17. (◆ AA p. 18:3) But the ex-problem drinker (*addict*) who has found this solution (*our recovery recipe*), who is properly armed with facts about them self, can generally win the entire confidence of another alcoholic (*addict*) in a few hours. Until such an understanding is reached, little or nothing can be accomplished.

18. (◆ AA p. 18:4-19:0) That the person who is making the approach has had the same difficulty (*see your log & loser list*), that they obviously know what they are talking about, that their whole deportment shouts at the new prospect that they are a person with a real answer, that they have no attitude of Holier Than Thou (w_e are not saints, preachers, crusaders or mission makers_), nothing whatever except the sincere desire

to be helpful; that there are no fees to pay (*big book sponsorship is free*), no axes to grind (*no windy arguments or frothy debates*), no people to please (*no grovelling*), no lectures to be endured (*we don't run your life*)–these are the conditions we have found most effective. After such an approach many take up their beds and walk again.

19.1 (◆ AA p. 90:1) If they do not want to stop drinking (*using*), don't waste time trying to persuade them. You may spoil a later opportunity .

19.2 (◆ AA p. 94:1)The more hopeless they feel, the better. They will be more likely to follow your suggestions (*recovery recipe*).

20.1 (◆ AA p. 43:1) Most alcoholics (addicts) have to be pretty badly mangled (see your loser list) before they really commence to solve their problems. (Is this your experience - yes-no?)

20.2 (◆ AA p. 28:2) We, in our turn, sought the same escape (*recovery recipe*) with all the desperation of a drowning person. (Based on your loser list, Are you desperate - yes-no?)

21. (◆ AA p. xxvi:3-xxvii:0) ...we favor hospitalization for the alcoholic (addict) who is very jittery or befogged... is imperative that their brain be cleared before they are approached, as they have then a better chance of understanding and accepting what we have to offer.

22.1 (◆ AA p. 58:2) If you have decided you want what we have (a *recovery recipe* - yes-no?) and are willing to go to any length to get it (to follow the recipe - yes-no?) –then you are ready to take certain steps.

22.2 (◆ AA p. 90:3)Ask them (newcomer) if they want to quit (drinking, using) for good (yes-no?), and if they would go to any extreme to do so (Will you thoroughly follow the instructions in the Big Book of A.A. - yes-no?). If they say yes, then their attention should be drawn to you as a person who has recovered.

23. (◆ AA p. 25:1) When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us, but to pick up the simple kit of spiritual

tools laid at our feet. (Are you now ready to pick up your simple kit of spiritual tools - yes-no?)

Step 2

> ***Sponsee runsheet:*** *step-02-03.md — Step 2 & 3 meeting agenda (came to believe → the decision → Third Step Prayer together → grudge-list handoff).*

24. (◆ A.A. p. 59) Step 2. Came to believe that a Power greater than ourselves could restore us to sanity.

25. (◆ AA p. 45:1-2) Lack of power, that was our dilemma (yes-no? - when in doubt, see your log & loser list). We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem.

26.1 (◆ AA p.28:2) What seemed at first a flimsy reed (a Power greater than ourselves), has proved to be the loving and powerful hand of God. A new life has been given us or, if you prefer, "a design for living" (a recovery recipe) that really works.

26.2 (◆ AA p. xxviii:2)In nearly all cases, the newcomer's ideals must be grounded in a power greater than themselves, if they are to re-create their lives.

27.1 (◆ AA p. 55:2; ◆ AA p. 57; ◆ AA p. 567-568) ...deep down in every man, woman, and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives, are facts as old as humankind itself. We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but God was there. God was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that God may be found. *God* was so with us. We can only clear the ground a bit. If our testimony helps sweep away prejudice, enables you to think honestly, encourages you to search diligently within yourself, then, if you wish, you can join us on the Broad Highway (yes-no?).

With this attitude you cannot fail. The consciousness of your belief is sure to come to you.

27.2 (◆ AA p. 57:2)Some of us grow into it more slowly. But God has come to all who have honestly sought God. When we drew near to God, God disclosed Itself to us!

27.3 (◆ AA p. 567:4-568:0)With few exceptions our members find that they have tapped an unsuspected Inner Resource which they presently identify with their own conception of a Power Greater than themselves.

28. (◆ AA p. 47:2) We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" (yes-no?) As soon as a person can say that they do believe, or is willing to believe, we emphatically assure them that they are on their way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

Step 3

> ***Sponsee runsheet:*** *step-02-03.md — Step 2 & 3 meeting agenda (came to believe → the decision → Third Step Prayer together → grudge-list handoff).* ***Plain-talk explainer:*** *step-03-plain.md — what Step 3 is really about, at a 6th-grade reading level and for someone unsure about God. The Step Three Requirement Inventory ("a life run on self-will can hardly be a success") in plain words.*

29. (◆ A.A. p. 59) Step 3. Made a decision to turn our will and our lives over to the care of God as we understood God.

30. (◆ AA p. 60:2) We claim spiritual progress rather than spiritual perfection. Our description of the alcoholic (*addict*)... our personal adventure before and after make clear three pertinent ideas:

a. That we were alcoholics (*addicts*) and could not manage our own lives. (Based on your loser list, is this you - yes-no?)

b. That probably no human power could have relieved our alcoholism (*addiction*). (Based on your log list, are you beyond human aid - yes-no?)

c. That God could and would if God were sought. (Are you willing to believe - yes-no?)

31. (◆ AA p. 60:3) Being convinced (*of a, b, c*) (yes-no?), we were at Step Three, which is that we decided to turn our will[THINKING & FEELING] and our life[ACTIONS] over to God as we understood God. Just what do we mean by that, and just what do we do?

32. (◆ AA p. 60:4) The first requirement is that we be convinced that any life run on self-will can hardly be a success. (Based on your log & loser list, are you convinced your life run on self-will is hardly a success - yes-no?)

33. (◆ AA p. 62:1) Selfishness, self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt. (yes-no?)

YOU ARE RESPONSIBLE FOR YOUR ILLNESS & RECOVERY. YOU ARE RESPONSIBLE FOR YOUR LIFE!

34. (◆ A.A. p. 62:2) So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic (*addict*) is an extreme example of self-will run riot, though they usually do not think so.[LIKE TO BLAME OTHERS] Above everything, we alcoholics (*addicts*) must be rid of this selfishness. We must, or it kills us![YOUR DISEASE/THE LIAR WANTS TO KILL YOU] God makes that possible. And there often seems no way of entirely getting rid of self without God's aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked

to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help.

35. (◆ A.A. pp 13-14) Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements. Simple, but not easy; a price had to be paid. It meant destruction of self-centeredness.

36. (◆ AA p. 62:3) This is the how and why of it. First of all, we had to quit playing God. It didn't work. (Would you agree - yes-no?) Next, we decided that hereafter in this drama of life, God was going to be our Director (yes-no?). God is the Principal; we are God's agents. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

37. (◆ AA p. 63:1) When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, God provided what we needed, if we kept close to God and performed God's work well. Established on such a footing we became less and less interested in ourselves, our own little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of God's presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.

38.1 (◆ AA p. 63:2) We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to God - yes-no?

38.2 (◆ AA. p. 77:0)Our real purpose is to fit ourselves to be of maximum service to God and the people about us.

39. (◆ AA p. 63:2) We were now at Step Three. Many of us said to our Maker, as we understood God: "God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"

(Then meditate on what is God's will for you today?)

(Every morning - Are you willing to do this - yes - no?)

IF YOU CAN ANSWER YES, THEN LET US TAKE THIS PRAYER TOGETHER AND WE WILL HAVE TAKEN STEP THREE

Step 4

40. (◆ A.A. p. 59) **Step 4. Made a searching and fearless moral inventory of ourselves.**

41. ***(Getting right with myself)*** (◆ AA p. 63:4-64) **Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decisionStep 3 was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor (*drugs*) was but a symptom. So we had to get down to causes and conditions. Therefore, we started upon a personal inventory. This was Step Four...**

42. (◆ A.A. p. 64:2) **We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.**

3 MANIFESTATIONS OF SELF-CENTEREDNESS: 1) RESENTMENTS, 2) FEAR, 3) CONDUCT (SEX)

43.1 ***Manifestation 1:*** (◆ AA p. 64:3) **Resentment is the "number one" offender. It destroys more alcoholics (*addicts*) than anything else. From it stem all forms of spiritual disease,**

for we have been not only mentally and physically ill, we have been spiritually sick. (Would you agree - yes-no?)

43.2 (◆ AA p. 64:3) When the spiritual malady is overcome, we straighten out mentally and physically.

43.3 (◆ AA p. 125) We alcoholics (*addicts*) are sensitive people. It takes some of us a long time to outgrow that serious handicap (*liability*) .

43.4 (◆ AA p. 64:3-65:0-3) In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry (*Column 1*).

ASSIGNMENT: GRUDGE LIST OF PEOPLE (Family, Friends, Employers, Co-workers, ex-wife, ex-husband, etc.), INSTITUTIONS (Police, Court System, IRS, Church, etc.) PRINCIPLES (Sexism, Racism, Ageism, Classism, Nepotism, Groups of People, Entitlement, Discrimination, etc.)

43.4 (◆ AA p. 64:3-65:0-3) We asked ourselves why we were angry (*Column 2*).

ASSIGNMENT: Columns 1 & 2 — GRUDGE LIST — COLUMNS 1 & 2 · ▤ WORKED EXAMPLES PACKET · ▤ PRAYER SHEET (print the PDFs beside them)

43.4 (◆ AA p. 64:3-65:0-3) In most cases it was found that our self-esteem[1] (*SE*), our pocketbooks[2](*PB/$*), our ambitions[3](*A*), our personal relationships [4] (*PR*), (including sex) [5] (*SR*) were hurt or threatened. (*Column 3*) So we were sore. We were "burned up." On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security[6] (*S, Financial or Emotional*), our ambitions, our personal, or sex relations, which had been interfered with? (Pride[7] (*P*) is listed in example p. 65)(*Column 3*)

7 Types of Injuries/Column 3 Definitions

ASSIGNMENT: Column 3 — COLUMN 3 SHEET · ▤ WORKED EXAMPLES PACKET (print the PDF beside it)

PR (Personal Relations) - If I don't think others are acting right in a non-sexual scenario, my personal relations are affected.

SR (Sexual Relations) - If I don't think others are acting right in a sexual scenario, my sexual relations are affected.

PB (Pocketbook/Money/$) - If my income, expenditure, assets (including property), or liabilities are harmed or threatened, my pocketbook is affected. **S (Security)** - If I need something I've not got, might not get, or might lose because of the event in column 2, my security is affected.

A (Ambition) - If I want something I've not got, might not get, or might lose because of the event in column 2, my ambitions are affected.

P (Pride) - If I'm bothered by what others think about me because of the event in column 2, my pride is affected.

SE (Self-esteem) - If I feel ashamed or inadequate because of the event in column 2, my self-esteem is affected.

ASSIGNMENT: Columns 2 & 3

43.4 (◆ AA p. 65:3) **We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished we considered it carefully.**

Note: *It is not necessary, for newcomers to talk about every resentment or selfish act, or each person they have ever lied to or harmed for the inventory to be thorough. The objective is to get to "causes and conditions." Sometimes it takes only a few incidents to make clear which shortcomings have kept the newcomer blocked from an intimate, two-way relationship with the "One who has all power." (Wally P. Back to Basics)*

44. (◆ AA p. 66:3) **We began to see that world and its people really dominated us. In that state, the wrong-doing of others, fancied or real (*Column 2*), had the power to actually kill. How could we escape?**

45. (◆ AA p. 67:2) **Putting out of our minds the wrongs others had done (*Column 2*), we resolutely looked for our own mistakes (*Column 4*). Where had we been selfish, dishonest, self-seeking and frightened? (*Column 4*) Though a situation had not been entirely our fault, we tried to disregard the other person (*Column 1*) involved entirely. Where were we to blame? (*Column 4*) The inventory was ours, not the other person's. When we saw our faults we listed them (*Column 4*). We placed them before us in black and white. We admitted our wrongs (*Column 4*) honestly and were willing to set these matters straight.**

ASSIGNMENT: Column 4 — STEP 4 COLUMN 4 HANDOUT · COLUMN 4 SHEET · ▤ WORKED EXAMPLES PACKET (print the PDF beside it)

46. (◆ AA p. 68:1) *Manifestation 2*: We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them (Column 2). Wasn't it because self-reliance failed us? (Column 4)

47. (◆ AA p. 69) Manifestation 3: We reviewed our own conduct (all harms to others, including sex conduct) over the years past. Where had we been selfish, dishonest, or inconsiderate? (Column 4) Whom had we hurt? (*Column 1*) Did we unjustifiably arouse jealousy, suspicion or bitterness? (Column 2) Where were we at fault (Column 4), what should we have done instead? (Column 5) We got this all down on paper and looked at it.

48.1 (◆ AA p. 70:3) Step 4 Instruction: If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. We have begun to comprehend their (*Column 4*) futility and their fatality. We have commenced to see their (*Column 4*) terrible destructiveness. We have listed the people (*Column 1*) we have hurt by our conduct (*Column 4*), and are willing to straighten out the past if we can...

48.2 (◆ AA p. 71:0)If you have already made a decision[STEP 3], and an inventory[STEP 4] of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself.

Note: *It is not necessary, for newcomers to talk about every resentment or selfish act, or each person they have ever lied to or harmed for the inventory to be thorough. The objective is to get to "causes and conditions." Sometimes it takes only a few incidents to make clear which shortcomings have kept the newcomer blocked from an intimate, two-way relationship with the "One who has all power." (Wally P. Back to Basics)*

Step 5

> ***Fifth Step handout:*** ▤ The Fifth Step — session guide *— session guide (how the hour runs, ground rules, what "exact nature" means), defects-of-character checklist categorized under major headings (pages 2-3), and the same-day arc into Steps 6 & 7 with assignments.*

49. (◆ A.A. p. 59) Step 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (Column 4)

50. (◆ AA p.72:2) This is perhaps difficult, especially discussing our defects (Column 4) with another person... If we skip this vital step, we may not overcome drinking (*using*).

51. (◆ AA p.73:4-74:0) We must be entirely honest with somebody if we expect to live long or happily in this world. Rightly and naturally, we think well before we choose the person or persons with whom to take this intimate and confidential step ...which requires confession must, and of course, will want to go to the properly appointed authority whose duty it is to receive it. Such parts of our story we tell to someone who will understand yet be unaffected. (*criminal matters–see a lawyer; mental-emotional issues–see a therapist; medical issues–see a doctor; financial matters–see an accountant, tax lawyer, debt counsellor; moral matters–see a spiritual advisor/sponsor*)

52. (◆ AA p.74-75) ...talk to the right person. It is important that they may be able to keep a confidence; that they understand and approve what we are driving at; that they will not try to change our plan. When we decide who is to hear our story, we waste no time. We have a written inventory and we are prepared for a long talk...We pocket our pride and go to it, illuminating every twist of character (*Column 4*), every dark cranny of the past (Are you willing to do this - yes-no?).

53. (◆ AA p 75) Step 5 Promises Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink (*using*) problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

HAVE SPONSEE READ HIS INVENTORY ALOUD

BREAK THE ICE - SHARE YOUR TWISTS OF CHARACTER - SHARE YOUR DARK CRANNY OF THE PAST

SPONSOR LISTENS - NO ADVICE - NO JUDGEMENT

▤ DEFECTS OF CHARACTER HANDOUT (pages 2-3)

Step 6

54. (◆ A.A. p. 59; ◆ AA p. 75) Step 6. Were entirely ready to have God remove all these defects of character (*Column 4*).

GETTING RIGHT WITH GOD

55. (◆ AA p. 75) ...we find a place where we can be quiet for an hour, carefully reviewing (*meditate and reflect*) what we have done (*Resentment, Fear, Conduct Inventory*).

56. (◆ AA p. 75:3) Is our work solid so far? (yes-no?) Are the stones STEPS 1-5 properly in place? (yes-no?) Have we skimped on the cement put into the foundation? (yes-no?) Have we tried to make mortar without sand? (yes-no?) If we can answer to our satisfaction, we then look at Step Six.

57.1 (◆ AA p. 76:1) We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things (*Column 4*) which we have admitted are objectionable? (Do you see how futile, fatal and destructive *Column 4* is in your life - yes-no?)

57.2 (◆ AA p. 76:1) Can God now take them all (*Column 4*)–every one? (Are you now ready to have God remove all of your defects of character - yes-no?)

57.3 (◆ AA p. 76:1) If we still cling to something (*Column 4*) we will not let go, we ask God to help us be willing.

Step 7

> ***Daily prayer sheet:*** ▤ The Seventh Step Prayer, daily *— the Seventh Step Prayer with "God, please remove my..." / "God, strengthen my..." fill-ins from the defects checklist. Third Step Prayer on awakening, Seventh Step Prayer every evening.*

58. (◆ A.A. p. 59; ◆ AA p. 76) Step 7. Humbly asked God to remove our shortcomings (*Column 4*).

GETTING RIGHT WITH GOD

59.1 (◆ AA p. 76:2) **When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character...**

"God, please remove my..." (list the character defects you identified in your *column 4* inventory from ▤ DEFECTS OF CHARACTER HANDOUT)

59.2 (◆ AA p. 76:2) **... which stands in the way of my usefulness to you and my fellows. Grant me strength...**

"God, strengthen my..." (list spiritual principles to strive for you identified in your spiritual oposites from ▤ DEFECTS OF CHARACTER HANDOUT)

59.3 (◆ AA p. 76:2) **...as I go out from here, to do your bidding. Amen Step 7 Instruction (Every evening - Are you willing to do this - yes - no?) We have then taken Step Seven.**

Step 8

60. (◆ AA p. 59) **Step 8. Made a list of all persons we had harmed, and became willing to make amends to them all.**

61. (◆ AA p. 76:3) **(Getting right with others) ...Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom (*Column 1*) we are willing to make amends (yes-no?) We made it when we took inventory (yes- no?)**

STEP 8 HARMS HANDOUT

> ***Amends-list handout:*** ▤ The Amends List *— where the names come from, what counts as harm, the four willingness columns (now / later / maybe / never...yet), guardrails, and a 16-row worksheet to start the list.*

ASSIGNMENT: STEP 8 HARMS LIST

Step 9

62. (◆ AA p. 59) Step 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

63. (◆ AA p. 82; ◆ AA p. 74) (Getting right with others) ...Sometimes we hear an alcoholic (addict) say that the only thing they need to do is to keep sober *or clean*. Certainly they must keep sober *or clean*, for there will be no home if they do not. But they are yet a long way from making good to those whom for years they have so shockingly treated .

64. (◆ AA p. 74:1)The rule is we must be hard on our self, but always considerate of others.

65. (◆ AA p. 76) We subjected ourselves to a drastic self-appraisal.[STEP-4] (yes-no?) Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris (*harm done*) which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths (yes-no?) for victory over alcohol (*drugs*).

66. (◆ AA p. 76-78) Probably there are still some misgivings (yes-no?) ...The question of how to approach the person we hated will arise. It may be they have done us more harm than we have done them and, though we may have acquired a better attitude toward them, we are still not too keen about admitting our faults (*Column 4*). Nevertheless, with a person we dislike, we take the bit in our teeth. We go to them in a helpful and forgiving spirit (Column 5), confessing our former ill feeling and expressing our regret (Column 4). Under no condition do we criticize such a person or argue...We are there to sweep off our side of the street...Their faults (Column 2) are not discussed. We stick to our own (*Column 4*).

58. (◆ AA p. 66-67) This was our course: We realized that the people (*Column 1*) who wronged us were perhaps spiritually sick. (Would you agree - yes-no?) Though we did not like their symptoms (Column 2) and the way these disturbed us (*Column 3*), they, like ourselves, were sick too. (Would you agree - yes-no?) We asked God to help us show them the same tolerance, pity, and patience (Column 5) that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick person.

How can I be helpful (Column 5) to this person? God save me from being angry. Thy will be done."

59. (◆ AA p. 78) Item 2 - Money (See an accountant, debt counsellor) Most alcoholics (addicts) owe money (yes-no?) We do not dodge our creditors...Arranging the best deal we can we let these people know we are sorry. We must lose our fear of creditors no matter how far we have to go, for we are liable to drink (use, act-out) if we are afraid to face them .

60. (◆ AA p. 78-79) Item 3 - Criminal Offences (See a lawyer) Perhaps we have committed a criminal offence which might land us in jail if it were known to the authorities (yes-no?) ...Although these reparations take innumerable forms (Column 5), there are some general principles which we find guiding. Reminding ourselves that we have decided to go to any lengths (yes-no?) (follow the recipe) to find a spiritual experience, we ask that we be given strength and direction to do the right thing (Column 5), no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything.

61. (◆ AA p. 68) Remove Fear Prayer Instead we let God demonstrate (Column 5), through us, what God can do. We ask God to remove our fear and direct our attention to what God would have us be (Column 5). At once, we commence to outgrow fear.

62. (◆ AA p. 80-81; ◆ AA p. 69) Item 4 - Sex Relationships The chances are that we have domestic troubles (yes-no?) Perhaps we are mixed up with women (others) in a fashion we wouldn't care to have advertised . We subjected each relationship to this test–was it selfish or not?

63. (◆ AA p. 70; ◆ AA p. 69-70) Prayer for Sex Amends ...we let God be the final judge . We asked God to mold our ideals (Column 5) and help us to live up to them...In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it...We earnestly pray for the right ideal (Column 5), for guidance in each questionable situation, for sanity, and for the strength to do the right thing. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the imperious urge, when to yield would mean heartache.

64. (◆ AA p. 80) Before taking drastic action which might implicate other people we secure their consent. If we have obtained permission, have consulted with others (criminal matters–see a lawyer; mental- emotional issues–see a therapist; medical

issues–see a doctor; financial matters–see an accountant, tax lawyer, debt counsellor; moral matters–see a spiritual advisor/sponsor) asked God to help and the drastic step is indicated we must not shrink.

65. (◆ AA p. 83) There may be some wrongs we can never fully right (yes-no?). We don't worry about them if we can honestly say to ourselves that we would right them if we could (yes-no?). Some people cannot be seen - we sent them an honest letter. And there may be a valid reason for postponement in some cases. But we don't delay if it can be avoided. We should be sensible, tactful, considerate and humble (Column 5) without being servile (grovelling) or scraping (quarrelsome) (Column 4). As God's people we stand on our feet; we don't crawl before anyone.

66. (◆ AA p. 83-84) Step 9 Promises If we are painstaking about this phase step 8,9 of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. (Do you want this experience in your life - yes-no?)

Step 10

67. (◆ AA p. 59) Step 10. Continued to take personal inventory and when we were wrong promptly admitted it.

68. (◆ AA p. 84) Step Ten suggests we continue to take personal inventory step 4 and continue to set right any new mistakes step 8,9 as we go along. (Are you willing to do this - yes-no?) We vigorously commenced this way of living as we cleaned up the past.step 9 (Are you willing to do this - yes-no?) We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear.step 4 When these crop up, we ask God at once to remove them.step 3,7 We discuss them with someone immediately step 5 and make

amends step 8,9 quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help.step 12 Love and tolerance (Column 5) of others is our code.

69. (◆ AA p. 84-85) And we have ceased fighting anything or anyone, even alcohol (drugs). For by this time sanity will have returned. We will seldom be interested in liquor (drugs). If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor (drugs) has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition.

Step 11

70. (◆ AA p. 59) Step 11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

71. (◆ AA p. 85) Step Eleven suggests prayer (talking to God) and meditation (listening to God). (Are you willing to do this - yes-no?)

72. (◆ AA p. 86) PM Focus When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? step 10 Do we owe an apology? step 8,9 Have we kept something to ourselves which should be discussed with another person at once? step 5 Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? step 12 But we must be careful not to drift into worry, remorse or morbid reflection (Column 4), for that would diminish our usefulness to others. step 12 After making our review we ask God's forgiveness step 7 and inquire what corrective measures steps 8,9 should be taken.

73. (◆ AA p. 86) AM Focus On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. (Column 5) Before we begin, we ask God to direct our thinking step 3, especially asking that it be divorced from self-pity, dishonest or self-

seeking motives (Column 4) step 10. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane (Column 5) when our thinking is cleared of wrong motives (Column 4).

74. (◆ AA p. 86) Mid-day Focus In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

75. (◆ AA p. 87) We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step (Column 5) is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will (Column 4), and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work.

76. (◆ AA p. 87 - 88) As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done" (Column 5). We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions (Column 4). We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. It works - it really does.

Step 12

77. (◆ AA p. 60) Step 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics (addicts) and to practice these principles in all our affairs.

78. (◆ AA p. 89) Practical experience shows that nothing will so much insure immunity from drinking (using) as intensive work with other alcoholics (addicts). It works when other activities fail. This is our twelfth suggestion: Carry this message to other

alcoholics (addicts)! (Are you willing to do this - yes-no?) You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

79. (◆ AA p.15) ...I soon found that when all other measures failed, work with another alcoholic (addict) would save the day.

80. (◆ AA p.xvi:1, 4th ed.) ...the broker (Bill W. and the early old-timers) had worked hard with many alcoholics (addicts) on the theory that only an alcoholic (addict) could help an alcoholic (addict), but they had succeeded only in keeping sober (clean) themselves. They suddenly realized that in order to save themselves they must carry their message to another alcoholic (addict).

81. (◆ AA p.132) We have recovered, and have been given the power to help others (Starfish Story12).

82. (◆ AA p. 102) But if you are shaky you had better work with another alcoholic (addict) instead .

83. (◆ AA p. 89) Step 12 Promises Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

Summary

84. (◆ AA p. 85) It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol (drugs) is a subtle foe. We are not cured of alcoholism (addiction). What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will (Column 5) into all of our activities. "How can I best serve Thee, Thy will (not mine) be done." These are thoughts (Column 5) which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

85. (◆ AA p. 19) We feel that elimination of our drinking (using) is but a beginning. A much more important demonstration of our principles lies before us in our respective

homes, occupations and affairs .

86. (A.A. Big Book; ◆ AA pp. 162-163) Thus we grow. And so can you, though you be but one person with this book in your hand. We believe and hope it contains all you will need to begin. We know what you are thinking. You are saying to yourself: “I’m jittery and alone. I couldn’t do that.” But you can (yes- no?) . You forget that you have just now tapped a source of power much greater than yourself. To duplicate, with such backing, what we have accomplished is only a matter of willingness, patience and labor .

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